



Braised Veal Shanks with Dates and Blood Orange

Servings: 4
Prep time: 30 minutes
Cooking Time: 3 hours

Ingredients

| | |
|--------------|----------------------------------|
| 3 each | Blood oranges |
| 2 Tablespoon | Olive Oil |
| 4 each | Veal Shanks, cross cut |
| As needed | Kosher Salt |
| As needed | Black Pepper |
| 1 each | Carrot, peeled and chopped |
| 1 each | Onion, white peeled and chopped |
| 1 Tablespoon | Garlic, chopped |
| 1 each | Bay Leaf |
| 1 sprig | Thyme |
| 2 cups | Veal stock |
| 1 cup | Balsamic Vinegar |
| 8 each | Dates, pitted and chopped |
| 1 tablespoon | Olive oil |
| ½ bunch | Flat Leaf Parsley, rough chopped |

Method of Preparation

1. Preheat oven to 275°F.
2. Zest the blood oranges into a bowl (careful not to zest the pith). Segment the oranges into a separate bowl and reserve.
3. In a Dutch oven, heat the olive oil over medium heat. Season the veal shanks with salt and pepper. Sear the veal shanks on each side until lightly brown. Remove and reserve shanks.
4. Add the carrot, onion and garlic to the Dutch oven. Cook until tender.
5. Arrange the shanks in the pot in a single layer and add the bay leaf, thyme, veal stock, balsamic and oranges including the juice.
6. Bring this to a light boil, cover and place in a 275°F oven for three hours or until tender.
7. Remove shanks from braising liquid and keep warm. Meanwhile strain the braising liquid and return it to the pan. Bring the liquid to a simmer and reduce by half. Adjust the seasoning with salt and pepper.
8. In a bowl, combine the orange zest, chopped dates, olive oil and parsley. Season with salt and pepper.
9. Plate the veal shanks, sauce and top with the orange and date mixture.
10. Serve with soft polenta.